



Tom Horne,
Superintendent of
Public
Instruction

The Arizona Department of Education Presents: *Healthy Habits 101*

Dates:

*November 20, 2006 (session 1)
November 21, 2006 (session 2)
January 5, 2007 (session 1)
January 12, 2007 (session 2)
February 5, 2007 (session 1)
February 12, 2007 (session 2)
March 5, 2007 (session 1)
March 12, 2007 (session 2)
9 am-12 pm*

*Arizona Department
of Education*

ADE is offering **FREE nutrition education opportunities.** The first session will cover basic nutrition topics such as trans fat, calcium, whole grains, and the food guide pyramid. The second session will focus on food labels, portion control, fast food, metabolism, and daily caloric needs. Please join us for one or both of these classes.

Register online at:
[http://www.ade.az.gov/
onlineregistration](http://www.ade.az.gov/onlineregistration)

Questions?
Call 602-542-8700

NOTE
These trainings will not cover CACFP related topics and are not mandatory classes.

"This institution is an equal opportunity provider and employer."